**YIN YOGA – SPRING TERM STARTING MONDAY 13TH JANUARY 2020**

* What:    Yin Yoga Practice
* Where:  Yoga/Judo Room
* Time:    Monday 1900-2000
* Cost:     £3 per class

**What is Yin Yoga?**

Yin Yoga is a complementary practice to all other forms of ‘Yang’ style sports such as running, squash, gym, cycling etc.  It enables your body to hold poses for anything up to 10 minutes, which enables the muscles to relax and gently stretch out.  It is mainly targeted on the spine, hips and the lower half of the body and is therefore mainly orchestrated whilst sitting or lying on the mat.  Each Yin posture has a particular influence on the body – Yin Yoga targets the deep connective tissue.  **Props are available to assist your postures.**

In addition, Yin Yoga will work with the mind and the calming of the mind and therefore there is the ability for each student to gently challenge themselves physically, whilst calming their mind, through their breath.

**Interested?**

If you are interesting in attending, please sign up on the class attendance sheet on the notice board outside of the Protocol office.  If you are not in SG HQ, text me to put your name down.  This class is open to all who wish to have some down time and calmness, whilst challenging their body to increase strength and flexibility. 07739418061

Spaces are limited currently to 15 spaces per class

**What to bring?**

Nothing -  except yourselves and water/towel and a blanket. Warm loose clothing.

Class starts at 1900hrs, but be there 5 minutes beforehand.

Look forward to seeing you on the mat!

Lise